MARCH







MON **TUE**

03

B: Muffins, Bananas, Skim

L: Spaghetti, Garden Salad, Pears, Skim Milk

S: Berry Smoothie, Animal Crackers, Skim Milk

04 Flapjacks w/ Families!

B: Flapjacks w/ Families, Mixed Fruit. Skim Milk

L: Meatloaf. WW Bread. Carrots. Mandarin Oranges, Skim Milk

S: Apple Slices and Peanut Butter, Skim Milk

05

B: French Toast, Applesauce, Skim Milk

L: BBQ Pork, WW Sandwich. Coleslaw, Pineapple, Skim Milk

S: Dilly Dip, Veggies, Pretzels, Skim Milk

06

B: Cream of the West, Strawberries, Skim Milk

L: Chicken Noodle Soup. Oranges, Skim Milk

S: Chex Mix, Skim Milk

10

B: Cheerios, Berries, Skim

L: Beef Stroganoff, Green Beans, Peaches, Skim Milk

S: WW Crackers, Cottage Cheese, Veggies, Skim Milk 11

B: WW Cinnamon Bread, Applesauce, Skim Milk

L: Goulash. Carrots. Pears. Skim

S: Banana Graham Cracker Pops, Skim Milk

12

B: Yogurt & Berries Parfait, Skim Milk

L: Ham Mac and Cheese. Broccoli, Pineapple, Skim Milk

S: Applesauce Muffins, Skim Milk

13

B: Kix, Oranges, Skim Milk

L: Cheeseburger Soup, WW Rolls, Apples, Skim Milk

S: Trail Mix. Skim Milk

17

B: Ham & Cheese English Muffin, Pineapple, Skim Milk L: Chicken Salad WW Pita, Celery & Carrots, Mandarin Oranges, Skim Milk

S: WW Crackers, Pepperoni & Cheese, Skim Milk

18

B: Scrambled Eggs, WW Bread, Apples, Skim Milk

L: Tuna Melts, Pickles, Tropical Fruit, Skim Milk

S: WW Cinnamon Bread, Skim Milk

19

B: Corn Chex, Oranges, Skim Milk L: Bean Burrito, Green Salad,

Pears, Skim Milk

S: Breadsticks, Marinara, Skim

20

B: Baked Oatmeal, Peaches, Skim Milk

L: White Chicken Chilli, Tortilla Chips, Bananas, Skim Milk

S: PB & J Sandwiches, Skim Milk

24



25



26



27



31

B: Strawberry Bagels, Apples, Skim Milk

L: Chicken Corn Dogs, Carrots, Oranges, Skim Milk

S: Trail Mix, Skim Milk

*Parents- Check out our Health and Nutrition Boards at each site-They have great free resources and handouts!

An equal opportunity employer and provider.

*Menu is subject to change.



